



Get more from your plan

Discover the additional benefits, programs and services that come with your UnitedHealthcare® Group Medicare Advantage (PPO) plan

More ways to put your health first



+ Annual wellness visit and preventive care¹

- Check in with your primary care provider (PCP)
- Create a preventive care plan
- Review medications
- Talk about any health concerns

+ Mental and behavioral health resources

- Ongoing mental health support with Optum® Behavioral Health
- Resources through our Health and Wellness experience

+ Chronic conditions care

- Special programs for chronic conditions like diabetes or heart disease
- Personal attention and timely information for your provider to help them make decisions

+ UnitedHealthcare® Hearing

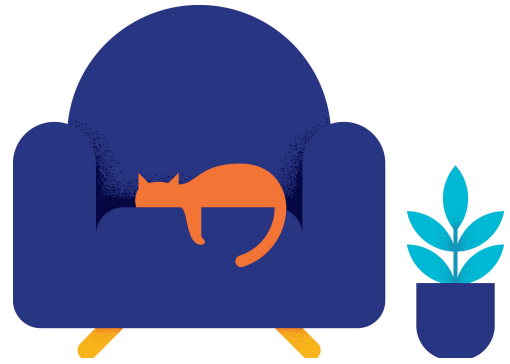
- Receive friendly, knowledgeable advice through our national network of hearing providers²
- Get personalized support to help you adjust to your new hearing aids
- Choose from the latest technology from popular brands³

+ Calm Health⁴

As a UnitedHealthcare® member, you can use the Calm Health app at no cost to you. The app offers programs and resources to better support your mental health.

- Learn ways to help you feel better and manage stress
- Build healthy habits by tracking your progress
- Find resources to support the mind and body connection

More care in the comfort of home



+ Optum HouseCalls⁵

Optum HouseCalls is a yearly in-home health and wellness visit with a licensed health care practitioner. It provides an extra layer of preventive care to help you take the right steps to support your health – all at no additional cost to you.

- Up to an hour of 1-on-1 time with the health care practitioner
- A comprehensive exam and tailored health care screenings
- A medication review and an opportunity to get advice and ask questions to help manage your health
- Education, prevention tips and referrals to health services if needed

Prefer a video visit instead?⁶ HouseCalls offers a video visit using a computer, tablet or smartphone to connect you with a health care practitioner.

+ 24/7 Medical Virtual Visits⁷

With Medical Virtual Visits, you can see a provider using live video chat from your computer, tablet or smartphone anytime, day or night.

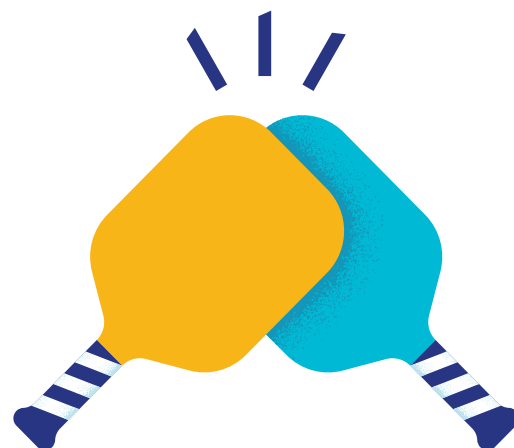
Ask questions, get a diagnosis and get medication prescribed and sent to your pharmacy. Results of the visit can be shared with your primary care provider.⁸

+ Behavioral Health Virtual Visits

See a behavioral health specialist using live video chat from your computer, tablet or smartphone.

These visits may be best for addiction, depression, anxiety, stress, loss, and behavioral health medication management.

More resources to find your fit



+ Gym and fitness membership®

SilverSneakers®⁹ is a fitness benefit that includes a free gym membership and access to group exercise classes at participating fitness locations.¹⁰

+ Let's Move by UnitedHealthcare®

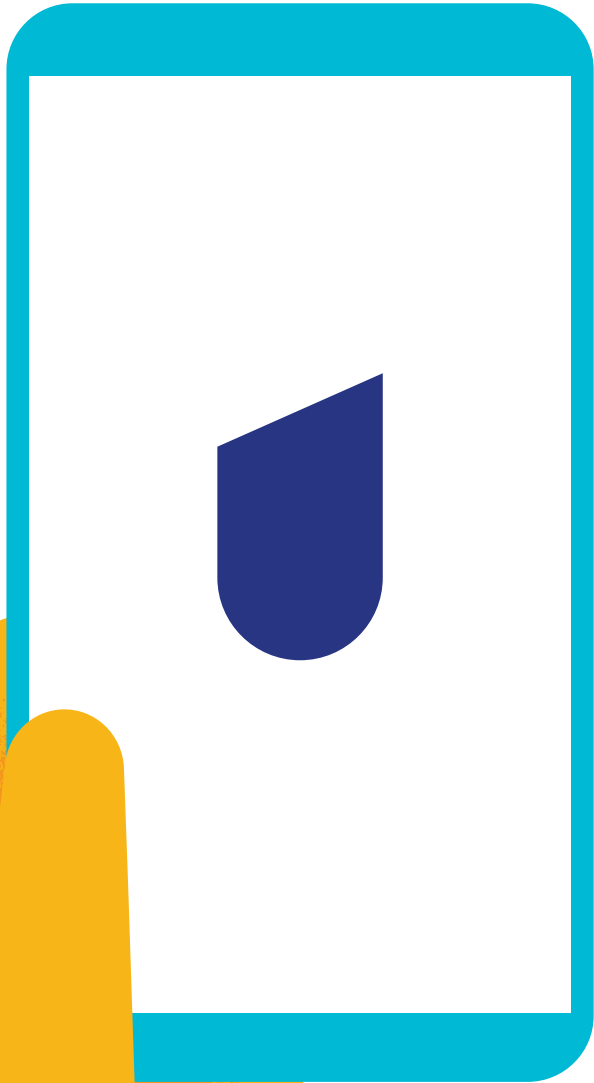
Let's Move is your exclusive wellness program that helps you discover ways to feel great every day at no additional cost to you. Whether your goal is to be active, eat healthier, beat the blues or stress less, Let's Move has something for you. Explore fun events, exciting challenges, helpful resources and ways to connect with others.

+ Additional wellness resources

Explore our member-only health and wellness experience, providing a wide variety of useful resources and activities, including brain games, healthy recipes, fitness activities, learning courses and more – all at no additional cost.

+ 24/7 nurse support¹¹

- Know if you need self-care or a provider or urgent care visit
- Find a provider or hospital that meets your needs
- Understand your diagnosis and explore treatment options



Call or go online to learn more



1-877-870-7923, TTY 711

8 a.m.-8 p.m. local time, Monday-Friday



retiree.uhc.com/mdcps

For more details, review your Evidence of Coverage (EOC)

Your Welcome Letter will include instructions about how to access your EOC.

¹A copay or coinsurance may apply if you receive services that are not part of the annual physical/wellness visit.

²Please refer to your Summary of Benefits for details on your benefit coverage.

³Other hearing exam providers are available in the UnitedHealthcare network. Network size varies by local market. Availability subject to change and may be discontinued at any time.

⁴Calm Health is a mental health wellness product. Calm Health should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. Calm Health is not intended to diagnose or treat depression, anxiety, or any other disease or condition. Calm Health is not a substitute for care by a physician or other health care provider. Any questions that you may have regarding the diagnosis, care, or treatment of a medical condition should be directed to your physician or health care provider.

⁵A HouseCalls visit is designed to support, but not take the place of, your regular doctor's care. HouseCalls may not be available in all areas.

⁶Not all network providers offer virtual care. Virtual visits may require video-enabled smartphone or other device. Not for use in emergencies.

⁷With member consent.

⁸Providers cannot prescribe medications in all states.

⁹Availability of the SilverSneakers program varies by plan/market. Refer to your Evidence of Coverage for more details. Consult a health care professional before beginning any exercise program. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2026 Tivity Health, Inc. All rights reserved.

¹⁰Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.

Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

¹¹24/7 nurse support should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for informational purposes only. The nurses cannot diagnose problems or recommend treatment and are not a substitute for your provider's care. Your health information is kept confidential in accordance with the law. Access to this service is subject to terms of use.

Benefits, features and/or devices vary by plan/area. Limitations, exclusions and/or network restrictions may apply.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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